



2023 State of Health in Tennessee

A HEALTHY START : Poverty & Food Insecurity

In 2021, 18.1% of children were living in poverty in TN compared to 16.9% nationally.

Children in food-insecure households have higher rates of lifetime asthma diagnosis and depressive symptoms, higher rates of foregone medical care, and higher rates of emergency department use.



In 2020, 7.30% of Tennessee households with children had children who were food insecure, compared to 6.77% in the United States.

Programs that seek to combat the impacts of poverty and food insecurity include the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Special Nutrition Assistance Program (SNAP).

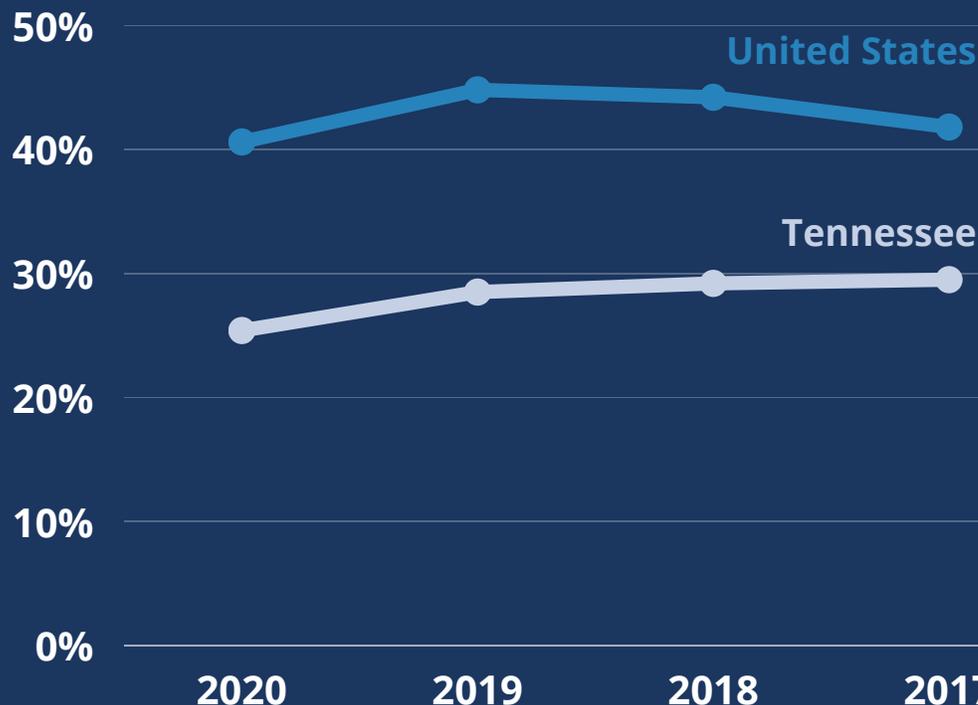


In 2018, 90% of Tennessee who were eligible for SNAP were receiving benefits, compared to 82% in the United States.



Child WIC Coverage

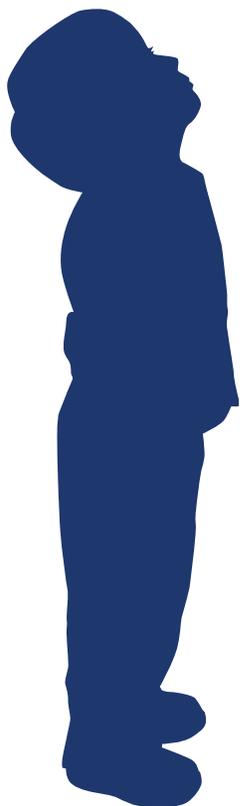
Across all years, child WIC coverage in Tennessee was lower than the United States. Less than 30% of children ages 1-4 eligible for WIC in Tennessee received WIC benefits in an average month.



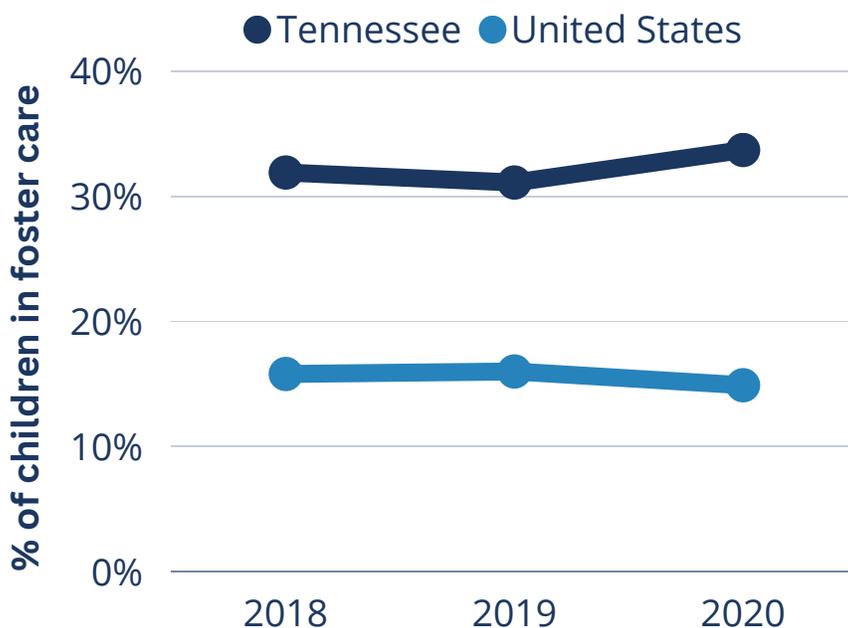


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A HEALTHY START : Child Care & Education



Foster Care Instability is defined as the percentage of children in foster care with three or more placements within 12 months.



Children who experience **Foster Care Instability** are more likely to develop behavioral issues such as difficulty forming attachments and low self-esteem. In 2020, Tennessee's foster care instability was the highest in the nation.

Child Care availability, capacity, and cost are significant barriers to Tennessee families and may impact a parent's ability participate in the labor force.

76.8% of Tennessee counties do not have a DHS licensed child care facility that offers a sliding fee scale

The annual cost of child care in Tennessee in 2020 was 16.7% of the median family income (\$52,325). **\$8,732**

\$ Of all the children in Tennessee that DHS licensed facilities have capacity to serve, only 13.9% would have access to a sliding fee scale

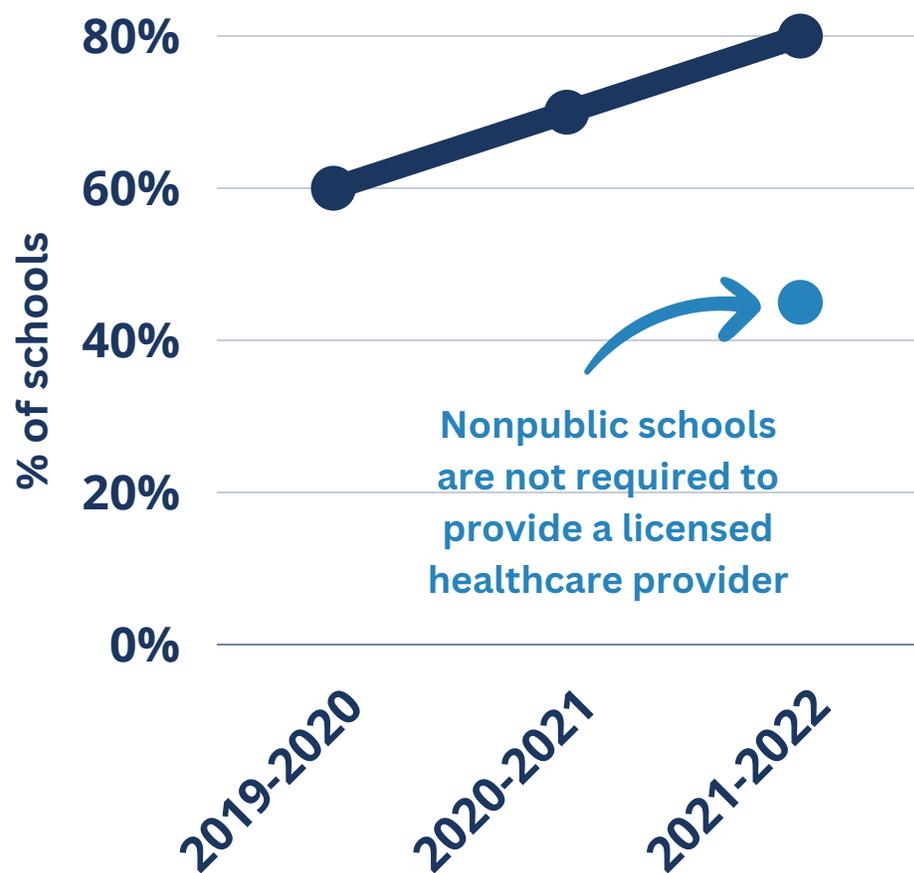


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A HEALTHY START : Child Care & Education

School Nurses provide services such as assessment, planning, care-coordination, critical thinking skills, quality improvement, and health education and promotion.

Percentage of Tennessee Public Schools employing a full-time nurse



In the 2020-2021 school year, 82% of Tennessee schools met the state standard of one certified counselor per 500 students.



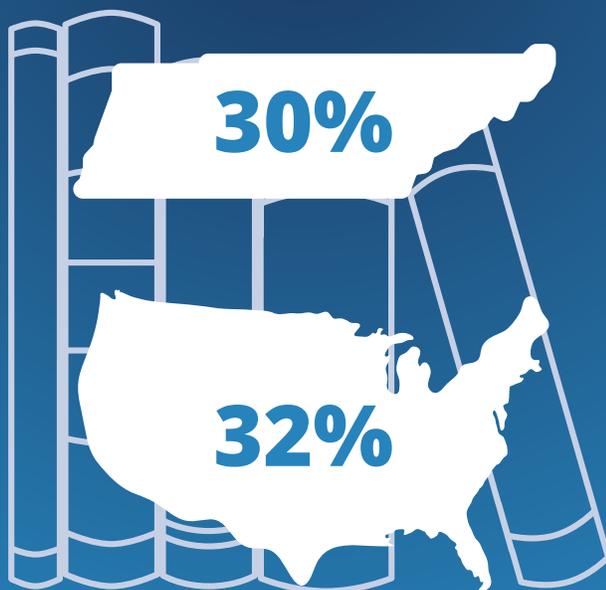
Literacy



32.2%

of Tennessee public school students in grade 3 tested on track or mastered for English on 2021 TN Ready tests.

2022 4th Grade Reading Proficiency





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A HEALTHY START : Trauma & Youth Safety

Adverse Childhood Experiences (ACEs)

Children with a higher number of ACEs are more likely to experience chronic health conditions, such as heart disease and depression, and negative impacts on lifetime earning potential. Evidence is emerging on how positive childhood experiences (PCEs) act as protective factors against the health effects of ACEs.

32.2%

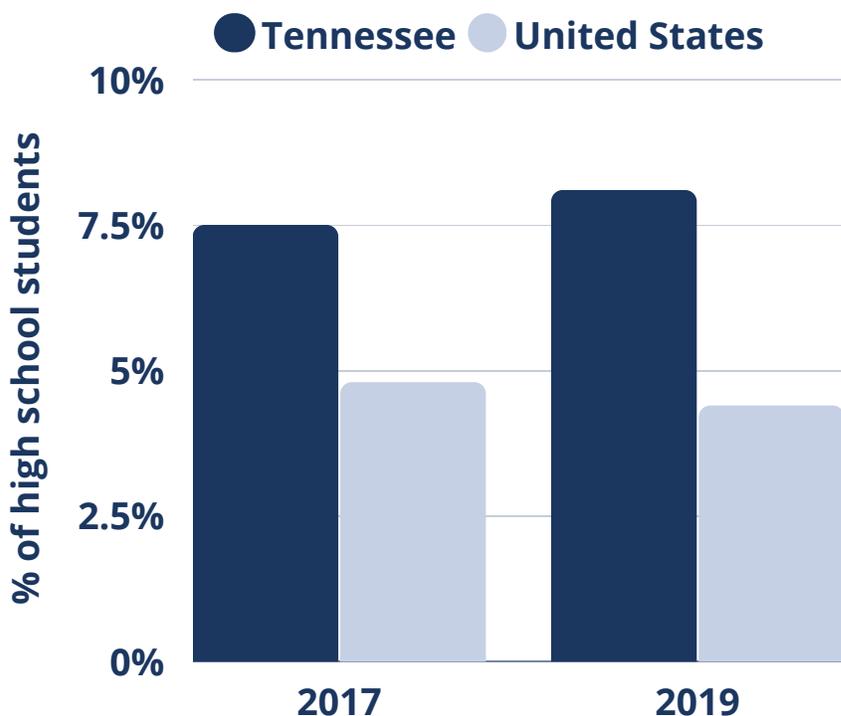
of children in Tennessee had two or more **Adverse Childhood Experiences** in 2019.

78.2%

of children in Tennessee had five to seven **Positive Childhood Experiences** in 2021.

In 2019, the percent of youth who experienced **Physical Dating Violence** in Tennessee (13.8%) was statistically higher than in the United States (8.2%)

Percentage of high school students who carried a gun nonrecreationally



Access to lethal means, including guns, should be considered when assessing a child’s risk of harm to self or others.

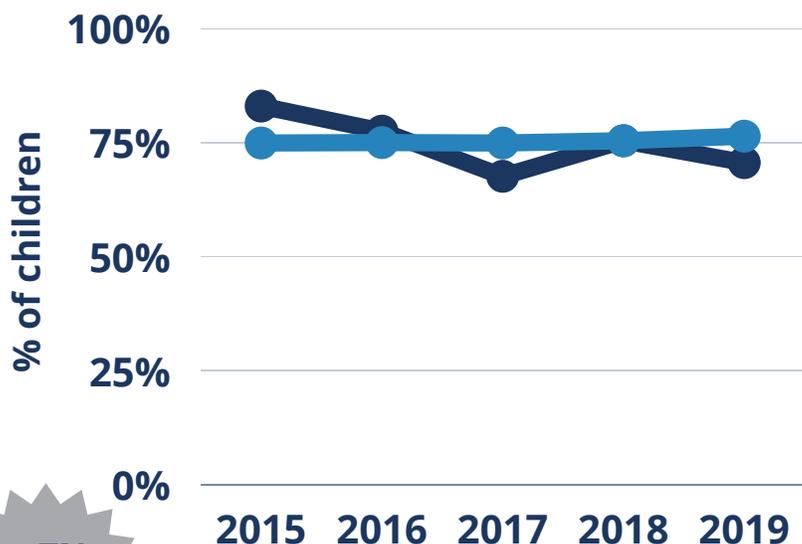


In 2017 and 2019, the percent of high school students who **Carried a Gun** for a purpose outside of hunting or sport in Tennessee was statistically higher than in the United States



2023 State of Health in Tennessee

A HEALTHY START : Infectious Disease



Childhood Vaccinations

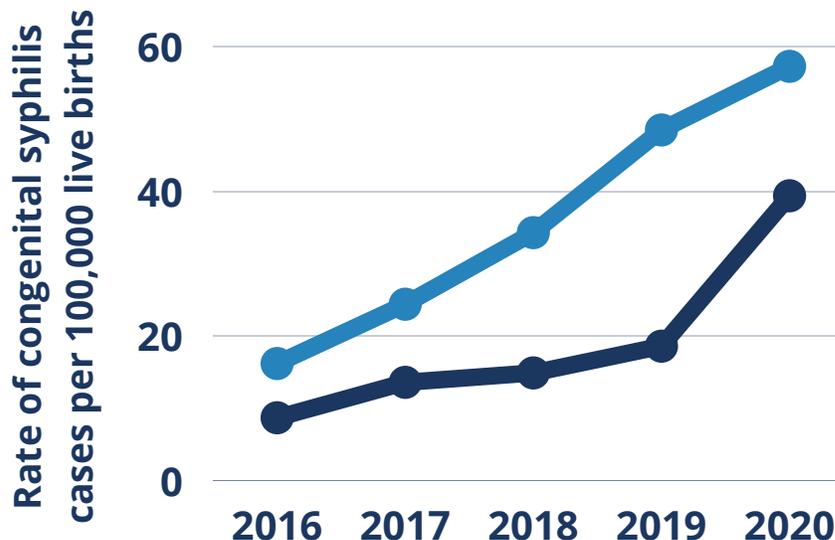
Percentage of children by birth year who received all recommended doses of the combined 7-vaccine series by age 35 months.

70.6% of children born in 2019 received the recommended vaccinations in TN compared to 76.4% in the US.

HPV Vaccination

Percentage of adolescents ages 13-17 who received all recommended doses of the human papillomavirus (HPV) vaccine.

HPV, the most common STI in the U.S., can lead to genital warts and cancer. Vaccination is recommended for all children aged 11-12.



Congenital Syphilis

Rate of congenital syphilis cases per 100,000 live births.

Congenital Syphilis, which can result in lifelong disabilities, development delays, and death, has increased in both TN and the US in recent years.



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A HEALTHY START : Health Indicators

Obesity in both children and adults can be influenced by genetics, disease or medications, and the physical environment as well as behaviors such as eating, physical activity and sleep. **Youth Obesity** can contribute to the development of health conditions such as Type 2 diabetes, high blood pressure, and joint pain. Children who are overweight or obese are also more likely to have **Asthma**.

In the US, the prevalence of obesity in children aged 2-19 from 2017-2020 was 19.7%. Since 2012, Youth Obesity in TN has remained above

38%

5.6%

of children in Tennessee in 2020-2021 had Asthma, compared to 6.9% in the United States

The use of Electronic Vapor Products can expose users to nicotine and other harmful substances such as heavy metals, carcinogens, and ultrafine particles that can be inhaled deep into the lungs. Accessing electronic vapor products and other substances including illegal drugs can occur on school property. In both 2017 and 2019, Tennessee had statistically more Drugs on School Property than the U.S.

50.6%

of Tennessee high school students reported every using **Electronic Vapor Products**, compared to 50.1% in the US



28.1%

of Tennessee high school students were offered, sold, or given illegal **Drugs on School Property** in 2019.



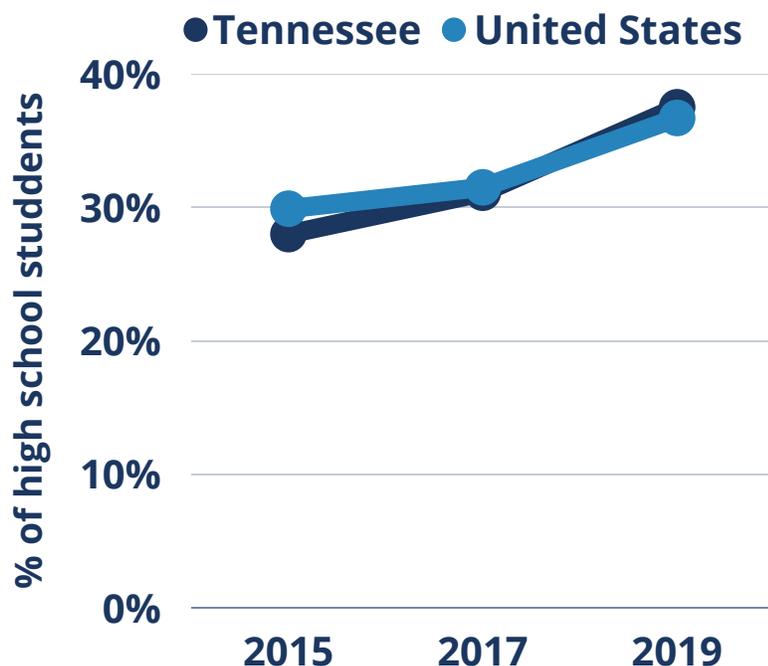
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A HEALTHY START : Youth Mental Health

Youth Hopelessness

Percentage of high school students enrolled in grades 9-12 who reported being sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities.

Youth hopelessness in Tennessee increased from 28% in 2015 to 37.5% in 2019. The COVID-19 pandemic has further impacted youth mental health in TN and across the US.



3.9%

of youth in Tennessee in 2019 had one or more **Suicide Attempt** resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse, compared to 2.5% in the United States.

In 2021, Tennessee's youth **Suicide Mortality** was 2.46 deaths per 100,000 population (<18).

Of the 32 children who died by suicide in 2021 in Tennessee, noted stressors prior to death included:

- poverty (14)
- family discord (10)
- parent's divorce/separation (9)
- experiencing racism (9)
- being victims of bullying (9)
- pregnancy (3)
- housing instability (3)



2023 State of Health in Tennessee

A HEALTHY START : Pregnancy and Childbirth

2020 Pregnancy and Childbirth



Quick Facts

TN v. US



Prenatal Care

30%

Percentage of mothers begin prenatal care between the 1st and 6th month of pregnancy

32%

Smoking During Pregnancy

10.86%

Percentage of mothers who reported smoking cigarettes during pregnancy.

5.5%

Preterm Births

10.92%

Percentage of live births that were preterm (less than 37 weeks gestation).

10.09%

Low Birthweight

8.90%

Percentage of live births with low birthweight (less than 2,500 grams).

8.24%

Postpartum Depression

14.87%

Percentage of women with a recent live birth who reported depressive symptoms.

13.4%

Breastfeeding

81.2%

Percentage of live births where breastfeeding was initiated at birth.

83.5%



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A HEALTHY START : Pregnancy and Childbirth

Teen Births

Despite decreasing in recent years, Tennessee continues to have one of the highest teen birth rates in the United States.



● TN
● US

Infant Mortality

In 2020, TN's infant mortality rate was 6.30 infant deaths per 1,000 live births, compared to 5.42 in the US



Maternal Mortality

Pregnancy-Related Deaths

Death within one year of pregnancy where pregnancy was the aggravating factor.

Non-Hispanic Black Women were

2.5x

more likely to die than white women from 2017-2020

In 2020 there were

58.5

deaths per 100,000 live births

89%

of deaths were deemed preventable from 2017-2020

Pregnancy-Associated, not Related, Deaths

Death within one year of pregnancy where pregnancy was NOT the aggravating factor.

42

deaths within 2020